

Child Care Health Consultation Lesson Plan

Contractor Name: CCHC Program

Date Submitted: May 15, 2015

☒ **Children's Health Promotion**

**Adult Training on
Content Area V:
Health and Safety**

Health and Safety Standards

Training Levels

☐ Promoting Risk Management Practices

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5

☐ Protecting Children and Youth

Source:

Core Competencies for Early
Childhood and Youth Development
Professionals
(Kansas and Missouri), 2011

**Select one
standard and one
level**

☒ Promoting Physical Health

☐ Promoting Mental Health

☐ Promoting Healthy Eating

Title: Learning Through Movement—All Children Need Activity

Training Goal: Child care providers will acquire techniques to adapt physical activities for children so that all children may participate

Learning Objective(s): Participants will

- recognize different ability levels in children in order to vary, modify, and adapt physical activity and motor skill development as needed so that all children are included
- Acquire strategies that increase skills, development, and physical activity participation for all young children
- Design and structure the environment to include physical activity opportunities for all young children

Topical Outline of Content	Training Method(s)	Time (in minutes)
Define and discuss what inclusive thinking is	Lecture/discussion	10
Discuss child development and the impact on physical activity; also the impact of physical activity on child development	Lecture/discussion	10
Discuss strategies for fostering movement development Demonstration of movements to encourage motor skill development	Lecture/discussion Demonstration	20
Teaching success; supporting children in reaching new levels	Lecture/discussion Success stories	5 min
Adaptations in action, examples	Discussion	10 min
Review/Questions	Discussion/Q & A	5 min
		Total time 1 hour

Method(s) of Outcome Evaluation: Verbal responses, return demonstration of activities

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Date Approved:
May 14, 2015

Authorized Approval Signature:



Date Expires:
May, 2018